



## **PHYSICAL ACTIVITY:**

### ***Fun Physical Activities - Preschoolers***



### **Best Practice Standards**

- For birth to 6 years, provide 2-3 occasions daily active play outdoors, weather permitting
- For preschoolers, 90-120 minutes/8-hour day for moderate to vigorous physical activity
- For children birth to 6 years, 2 or more structured or adult-led activities or games that promote movement daily

### **Suggestions:**

- Tip: Preschoolers should be able to skip, hop, jump, leap, throw, kick, walk on a balance beam, gallop, glide or slide, catch a ball, jump over objects and maneuver through obstacle courses. Use music to help you add movement.
- **HIT THE PLATE GAME**
  - Attach a string to a plate and give it to one child. Give a pool noodle to another child. The first child runs while the second tries to catch up and hit the plate.
- Count and bounce a ball.
- Balance bean bags on a body part and move around the room.
- Do any of the above-mentioned movements (skip, hop, jump, etc.) to music in various combinations.
- Go through your music collection at school or visit the public library for children's music; many songs have great movement and exercise suggestions.

Provided by: D'TaRelle F. Tullis

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**ShapingNJ**, The State Partnership for Nutrition, Physical Activity and Obesity Prevention  
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